

THE
Dukes Desk
NEWLY
BROKEN VP

Wherein is discovered
Divers *Rare Receipts* of
PHYSICK and SURGERY, good for
men, women and children.

together with several Medicines
Prevent, and cure the most Pe-
lent Diseases in any

CATTLE.

By W. Lovell, Gent. and Traveller.

London, Printed for John Garway, and
are to be sold in the Old-Bale.

1661.

THE
Duke's

NEWLY
BROKEN

into
SINGLES

BY
JACK AND GARY, 2000

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and other. The best
for Diseases in the

CHARTER

By W. Russell, General and Treasurer

Printed for J. G. Curran, at
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1860

Here followeth the order of Meats
how they must be served to the
TABLE.

Service for Flesh-diet at Dinner.

8 8 The first Course.

Pottage of fish-broth, boiled meat of
red meat, Chickens and Heron, partridge,
Sable, Pies, Goose, Pigge, roasted Veale,
roasted Meele, Custard.

The second Course.

Roasted Lambe, roasted Capons, roasted
myrs, Chickens, Per-bone, baked Mutton, Lamb.

The first Course at Supper.

A Salad, Pigs-petitoes, partridge
diced, a shoulder of Mutton of dyest of
Lambe, Custard.

The second Course.

Capons roasted, Cones roasted, Chickens
roasted, Pigeons roasted, Lamb roasted, a pie of
Pigeons of Chickens, baked Mutton, Lamb.

A Booke of
The service at Dinner.

A dozen of Mutton, a dish of Larks, two
Patties of red Deere in a dish, Tart, Ginger,
and Fritters.

Service for Fish dayes

Entrer a Sallet with hard Egges, Pottage
of Lamb Eeles, and Lampernes, red Herring green
boyled, white Herring, Ling, Haberdine, Mustard,
and Salmon minced; two Patties of Fallots
Deere in a dish, a Custard, a dish of Leaches.

The second Course.

Relly, Peacocks, sauce Wine and Salt; two
Caperons, halfe a dozen Rabbits, sauce Mustard,
and Sugar, halfe a dozen of Pigeons, mallard,
Lepre; sauce Mustard and Merguyce, Cullen,
Lepre, Perambels, Crab, sauce Valentine:
Carrots, Mithure, Custard, Feasant, sauce Water
and Salt with Capons Ried, half a dozen Wood-
cockes, sauce Mustard and Sugar, halfe a dozen
Kales, sauced as the Pheasants; a dozen of
Mutton; a dish of Larks, two Patties of red
Deere in a dish, Tart, Ginger-bread, Fritters.

Service for Fish dayes.

Entrer a Sallet with hard Egges, red Per-
ring green boyled, white Herring, Ling, Haberdine,
and Salmon.

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hine, sauce Mustard salt Salmon minced, sauce Mustard and Meriupce and a little Sugar, powdered Conger, Shad, Packrell, sauce Vinegar, anchoring, sauce with the Liber and Mustard, Playce, sauce Dorell, Wine and Salt, Mustard or Meriupce, Thorneback, sauce Liber and Mustard, Pepper and Salt firewed upon, after it is bruited: fresh Cod, sauce Greene-sauce, Dace, escallet, Teles upon sops, Roche upon soppes, Perch, Pike in Pike sauce, Trotot upon soppes, Tench in Gelly, or Cogeshill Custard.

The second Course.

Flounders or Flookes, Pike-sauce, fresh Salmon, fresh Conger. Bsole, Turbot, Mullet upon soppes, Carpe upon sops, Soles or any other Fish fryed, roasted Teles, sauce the following, roasted Lamperns, roasted Pargons, fresh Lamperns, sauce Valentine, Credits, Crab, Lob, Langousts, Vinegar.

Baked Lampers, Tart, Figs, Apples, Almonds, blaunched, Cheese, Kaitling, Potatoes.

A Booke of

For boild-Meates.

To boile a Brawne.

TAke your Bzawne, and when you haue cut him out, lay him in faire water foure and twenty hours, and shift it foure or fife times, and scrape and bind up those pieces that you shall thinke good with Wemp; then binde one handfull of green Willowes together, and lay them in the bottome of the Pan, and put in your Bzawne, and skim it very clean, and let it boyle but softly; and it must be so tender that you may put a straw throught it, and when it is boyled enough, let it stand and coole in the panne; and when you take it up, let it lye in Trapes one houre or two, and then make lobster sauce with Ale and water and salt, and you shall make it very strong, and so let lye by a week before you spend it.

To boile Meats for dinner.

TAke the ribbes of a necke of Mutton, and stuffe it with Margerome, Sabozie; Mune, Parsley chopped small, Currans, with the yolkes of two Egges, Pepper and Salt, then put it in a Potnet with faire water, or else with the li-
quor

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quoz of some meat with Vinegar, Pepper and Salt, and a little Butter, and so serbe it.

Take Meale and put it into a posnet with Clarret roots cut in long pieces, then boile it, and put thereto a handfull of Prunes and crumbees of bread, then season it with pepper, salt, and vinegar.

To boyle a Leg of Mutton with
a Pudding.

First with a knife raise the skin round about till you come to the joynts, and when you haue parboyled the meat, sized it fine with serues of marrtow, Parsley, Marjorome and Penny- all; then season it with Pepper and Salt, Cloves Mace, and Cinamon, and take the yolkes of 9 or 10 Egges, and mingle with your meat a good handfull of Currans, and a few mixed Dates, and put the meat into the skinne of the legge of Mutton, and close it with picks, and so boyle it with the broth that you boile a Capon, and let it seeth the space of two hours.

To boile a Lambes-head and
Purtnance.

Straine your broth into a Dish, and set it on the fire, and put in Butter, and shal.

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it as cleane as you can, and put in your meat; and put in Cardibe, and cut a little, and strain a little Pease and put into it, and Currans and Runes, and put in all manner of Spices, and so serbe it upon fope.

To boyle a Mallard with Cabbedge.

Take some Cabbedge and pick and wash them cleane, and parboyle them in faire water, then put them into a Collender, and let the water run from them cleane: then put them into a faire earthen pot, and as much sweet broth as will cover the Cabbedge, and sweet Butter, then take your Mallard and roast it halfe enough, and take the dropping of him; then cut him in the middle, and put the Mallard into the Cabbedge, and put into it all your dropping: then letting it stew an houre, season it with salt, and serbe it upon fope.

To boyle a Ducke with Turneps.

Take her first and put her into a pot with sweet broth, then take Parsley and sweet Herbs and chop them, and parboyle the roots very small on another pot, then put into them sweet Butter, Sineamon, Ginger, green Pepper and

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and tobole space, and to season it with Salt, and
serbe it upon sops.

To boyle Mutton and Chickins.

Take your Mutton and Chickins, and set up-
on the fire, with faire water, and when it is
well scummed, take to handfulls of Cabbidge
Lettice, a handfull of Currans, a good piece of
Butter, the iurce of two or three Lemmons, a
good deale of grosse Pepper, and a good piece of
Sugar, and let them seeth all well together; then
take three or foure yolkes of Eggs together hard
rosted, and straine them with part of your broth;
let them seeth the quantity of an houre; then serbe
your broth with meat upon sippets.

To boyle Chickins.

First, you shall take Chickins and boyle them
with Grapes and with a rack of Mutton to-
gether, and let the rack of Mutton boyle before
the Chickins on beure and a halfe; then make
a bunch of Herbs with Rosemary, Thyme, Baye,
and Hyssope, and also Marjoriam, and bundle
them fast together, put them in the pot, and
when you see your time put in your Chickins
with Parsley in their bellies, and a little sweet
Butter, the iurce and Pepper, and when you
have so done, boile your Grapes in a little
pipin.

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pepkin by themselves, with some of the broth of the Chickens, but take heed you boile not them too much, nor yet so little, and then take the yolkes of six Egges, and straine with a little broth of the pot, and when they are strained, put them in the pepkin to the Grapes, and stirre them; and when they begin to boile, take them from the fire and stir them a good while after you have taken them up, then have your sippets ready in a platter, and lay your meat upon it, then take your pepkin, with Grapes and all that is in it, and pour it upon the meat, and after this sort serbe it in.

Another way to boile Chickens.

Strain your broth into a pepkin, & put in your Chickens, and skim them as cleare as you can; and put in a piece of Butter, and a good deal of Sazrell, and so let them boile; and put in all manner of Spices, and a little Meriuyce, and some Barberies; then cut a Lemmon in pieces, and scrape a little Sugar upon them, and lay them upon the Chickens when you serbe them up, and lay sops in the dish.

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Another way to boile Chickens.

You must strain your broth into a pipkin, and set it a boiling, and skim it, putting in a piece of Butter and Endibe, and so let it boyle with a few Currans, and all manner of Spices, and so serbe it on sops.

To boile a Neats tongue.

Inprimis, in faire water and salt, then peeles it, and cut it in the middle; and then boyle it in red wine, and fill it full of Cloves, and a little Sugar, and then wash it with a little sweet broth to doe away the sent of the wine; and you must make a little red Musket with red wine and Prunes boiled together; then strain it, and strain a little Mustard in a fine clout together, and so serbe it.

To boile a Pigs Peticoe.

Take and boile them in a pint of Merjuice and Bassard, take foure Dates minced with a few small Raisons; then take a little Lime and chop it small, and season it with a little Cinamon and Ginger, and a quantity of Merjuice.

To boile a Coney.

You must boile your Coney, and straine your sweet broth in a pipkin, and put in your meat, skimme it as cleane as you can and put in a good deale of Endibe, and cut it

a little and a good piece of Butter, and all kind of spices, and a little Meriuyce, and so serber it on loppes.

To smere a Coney.

Take the Cibers and boyle them, and chop them and sweet Pearbs, Apples, and the yolks of hard Egges, and chop them all together, and Currans, Sugar, Sinamon, Ginger and Parsly, and fill the Coney full thereof; then put her into the sweet broth, and put in sweet Butter; then chop the yolk of hard Egges, Sinamon, Ginger, Sugar, and cast it on the Coney, when you serbe it up season it with salt, serbe it on loppes, and garnish it with fruit.

To boyle Conyes.

Take a Coney and parboyle it a little then take a good handfull of Parsly and a few slices of Pearbs, and the yolks of foure hard Egges, chop them altogether, then put in Pepper and a few Currans, and fill the Conyes belly full of this matter, then brack her head between her hind legs, but break her not, and put her into a fair earthen pot with sparrow broth, and the rest of the stuffe role it up round, and put it in cold water and so boyle them well together, and serbe it on loppes.

To boile a Capon.

Put the Capon into the potoder base pot, and when you thinke it almost tender, take a little pot and put therein halfe water and halfe Wine, Marroto, Currans, Dates, whole Spice, mace, Pepper, and a little Lime.

Another way to boile a Capon.

Seth the Capon it self in water and salt, and nothing else; and to make the broth, take strong broth made with Beefe or Mutton broth, that it be strong broth and put into it Mace, Parsly, Lime, with four leaves of Sage, and let steb in it a good while, and then put into small raisins and a few whole Spice. A quarter of an houre before it be ready to be taken from the fire, have ready sodden four or five eggs welled hard, take nothing out but the yolke strain the Eggs with a little of the same broth and mace, have a little marrow cut in small pieces, and if that time of yeare be late, take the best of Lettice, cutting of the tops to the best, and take a few Bones with 2 or 3 Dates. When it seeth a quarter of an houre or more, when it is ready to take up have your dish with ready; & the water wel strained out of the Capon.

and then season the broth with a little Pepper; then take it and dish it and scrape upon it a little Sugar, laying the Prunes round about the dish side.

To boile a Capon with Sirrop.

Boyle your Capon in sweet broth, and put in grosse Pepper and whole Spice into the Capons belly, and make your sirrup with Spinage, white wine and Currans, Sugar, Sinnamon and Ginger, and sweet Butter, and so let them boile; and when your Capon is ready to serue put the sirrup on the Capon, and boile your Spinage before you make your sirrup.

To boile a Capon with Oranges
and Lemmons.

Take Oranges and Lemmons pilled, and dunt them the long way and if you can, keep your Globes whole, and put them into your best broth of Mutton or Capon, with Prunes or Currans, and three or foure Dates, and when they haue been well seuen, cut whole Pepper, great Spice, a great piece of Sugar, some Rose-water, and either white or Claret wine, and let all these steepe together a while, and serue it upon soppes with your Capon.

To

To boile a Capon in white broth
with Almonds.

TAke your Capon with Parroto bones, and set them on the fire, and when they be cleane skimmed, take the fattest of the broth and put in a little pot with a good deale of Parroto, Peas, Raisins, Dates, whole Pace, and a pint of white Wine; then blanch your Almonds and strain them, with them thicken your pot, and let it seeth a good while, and when it is enough, serue it upon tops with your Capon.

To boile a Capon in white broths.

TAke a good Capon and scald him, then trusse him, and when he is faire washed, put him into your pot, and take a good Parroto bone or two, or if you habe no Parroto bones, take a neck of Mutton, and when your Capon is halfe boyled, take a pottle of the uppermost of your broth and put it into a faire Bosnet, then take two handfuls of fine Currans, and eight Dates, cut ebery one of them in four pieces, a four oz sibe whole Pace; foure spoonfuls of Marjace, and so much Sugar as an Egge; a little Lime, and a little Parsley, and a little Margerum, and if you habe no Margerum, then use small spars.

of Rosemary, bind all your hearbs fast together, and when you have cleane washed them, put to the said hearbs, Ginger, Currans, Spice, and Wermurce into your Potnet, and a grated Nutmeg, and let them boyle all together, and when it is almost enough, have a small handfull of Almonds blanched, beaten and strained with a little of the same liquor, and put that into your broth a good quarter of an houre before you take it up, and that will make it white: you must also put in some good pieces of marrow, and let not the marrow and the Dates seeth above halfe an houre, you must take a good handfull of Peas, and tye them in cleane clothes, and seeth them in the broth where the Capon is when you take up your Capon to serue it in, lay a few slippers in the bottome of your platter, and lay a few Peas and Barberies both about the haim of the platter, and also upon the Capon: you may boyle Chickens in the like sort.

To boyle Pigeons in black-broth.

First roast them a little, then put them in an earthen pot, with a little quantity of sweet broth, then take Onions and slice them, and set them on the coales with some vinegar, to take away the scent of them, put them

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them into the Pigeons, and laye a litle of
of Bread beaten with Vinegar; then put some
sweet Hearbe halfe cut, and Shalmon, Ginger
and grosse Pepper; let them boyle, season them
with Salt, serue them upon sops, and garnish
them with Sallet.

To boyle Muggers.

First parboyle them, and take Muste and chop
them both together, and put Currans, Dates
Shalmon, Ginger, Cloves and Spice, grosse pep-
per, and Sugar if you will, two or three yolles
of Egges, and laye them together with salt, and
put in the stufe into the Cables of Sputton;
then put them in dishes, and take two or three
Egges whites and all, and putting them on the
Cables, and make some pretty sauce for them.

To boyle Pye meat.

TAke a legge of Sputton, and mince it very
fine with Sallet, and seeth it in a little part of
an earthen pot with Butter, and season it with
Cloves and Spice, great Masses, Pyones and
salt, and serue it in a dish; and if you will put
in some iuyce of Oranges, laying halfe an Or-
enge upon it.

To make boyled Meat after the French manner.

Take Pigeons and larde them, and then put them on a Broach, and let them be halfe roasted, then take them off the Broach, and make a Pudding of chosene hearbes of ebery sort a good handfull, and chope Ore harts amongst the hearbs very small, and take the yolles of fise or six Egges, and grated bread and season it with Pepper, Cinamon and Ginger, Cloves and Spice, Sugar and Currans, and mingle all together, and then put the stuffe on the Pigeons, round about, and then put the Pigeons into the Cabbedges that be parboiled, and binde the Cabbedge fast to the Pigeons, and then put them into the pot where you meane to boyle them; and put in Besse broth into them, and Cabbedge chopped small, and so let them boyle, and put in Pepper, Cloves and Spice, and picke the Pigeons full of Cloves befoze you put the Pudding on them, and put a piece of butter Cinamon and Ginger, and a little Winegar and beere wine, and so serbe them up, and garnish them with fruit, and serbe one in a dish, and put a little of the broth you must put into the dish, when you serbe them up.

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To boyle Teales.

Take sweet broth and Onions, and lyeed them and Spinage; then put in Butter and Pepper and leyze it with tostes of bread, with a litle Meriuyce, and so serbe it on soppes.

To boile Plovers.

You must straine your sweet broth into a pipkin, and set them on the fire, and when they boyle you must skim them, then put in a piece of Butter, and a good deale of Spinage, and a litle Parsly, and a piece of Carret root cut very small, and a few Currans, and so let them boile; and all manner of Spices, and a litle white Wine, and a litle Meriuyce, and so serbe them upon soppes.

To boile Quales.

First, put them into a pot with sweet broth, and set them on the fire, and then take a Carret root and cut it in pieces, and put it into the pot; then Parsley with sweet Hearbs, and chop them a litle, and put them in to the pot, then take Cinamon, Ginger, Nutmegs, and Pepper, and put in a litle Meriuyce, and so season it with Salt; serbe them upon soppes, and garnish them with fruit.

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To boyle Larkes.

The sweet bread, and straine it into a pip-
kin, then set it on the fire, and put in a
piece of Butter, stum it as clean as you can,
and put in Spinnage and Endive, cut it a little
and so let it boyle; then put in Pepper, Cloves,
Gace; Sinnamon, Ginger, and a little Marjorice,
and when you serbe them up, lay sops in the dish.

To make a mortia.

The Almonds and blanch them, and
beate them in a mortar, then boyle a
Chicken, and take all the flesh off him and beate
it, and straine all together with milke and wa-
ter, and put them into a pot, and put in Sugar,
and stirre them still, and when it hath boyled a
good while, take it off, and set it a cooling in a
panne of water, and straine it againe with Rose-
water into a dish.

For stew'd Meates.

To stew Steakes between two Dishes.

You must put Parsley, Currans, Butter,
Marjorice, and 2. or 3. yolkes of Eggs.
Pepper, Cloves and Gace, and so let them boile
together, and serbe them upon sops.

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To stew Steakes of Mutton.

Take a piece of Mutton and cut it in pieces, wash it very cleane, and put it into a faire pot with Ale, or with halfe Wine; then make it boyle, and when it cleane, and put into your pot a faggot of Rosemary and Thyme; then take some Parsley picked fine, and some Onions cut round, and let them all boyle together; then take Prunes, raisins, Dates and Currans, let it boyle altogether, and season it with Sinnamon Ginger, Nutmegs, two or three Cloves and salt, and so serbe it on sops and garnish it with fruit.

To stew Calves feet.

Take Calves feet faire blanced, and rub them in the halfe, and when they be mace then halfe boyled, put to them great Massie Mutton broth, a little Saffron and Sweet Water, Pepper, Sugar, and some Sweet Herbs finely minced: boyle Calves feet, Sheeps feet, or Lambes feet with Mutton broth, Sweet Herbs and Onions chopped fine, Butter and Pepper, and when they boyle take the yolke of an Egge and straine it with Merjuyce, and so serbe it.

To stew a Mallard.

Take a Mallard and sceth him in faire water, with a good Spice done, and in

Cabbage-wozt of Cabbage-lettice, of both of
 your Parsnip roots and Carret roots; and when
 all these be well sodden, put in Prunes enough,
 and three Dates, and season him with Salt,
 Cloves and Peace, and a little Sugar and Pep-
 per, and then serbe it forth with Appets, and put
 the marrow upon them, and the Dates quartered
 then the Prunes, and the roots cut in round si-
 ces, and lay them upon the Appets also, and the
 Cabbage leaues lay upon the Mallard.

To shew a Cock.

You must cut him in fire pieces, and wash
 him cleane: then take Prunes, Currans,
 and Dates cut very small, Reasons of the
 Sunne, and Sugar beaten very small; Si-
 namon, Ginger and Nutmegs likewise bea-
 ten, and a little Maydenhaire cut very small;
 then you must put him in a pipkin, and put
 in almost a pinte of Muscadine, and then
 pour Spice and Sugar upon your Cocke,
 and put in your fruit betweene every quar-
 ter, and a pearce of Gold betweene every piece
 of your Cock, then you must make a Lid of
 Wood fit for your pipkin, and close it as
 close as you can with paste, that no ayre
 come out, nor water can come in; and then
 you

you must fill two brafle pots, so that the pipkins feet touch not the brafle pot bottoms nor the pot shoes, and so let them boyle 24 houres, and fill up the pot still as it boyles away with the other pot that stands by, and when it is boyled, take out your Gold, and let him drinke it fasting, and it shal help him; this is approved.

To sowce a Pigge.

Take tolts waine, and a little sweet hoth, and halfe a score Nutmegs cut in quarters, then take Rosemary, Bayes, Tyme, and sweet spargerum, and let them boyle together, skim them very clean, and when they be boyled, put them into an earthen pan, and the streep also, and when you serbe them, put a quarter in a dish, and the Bayes and Nutmegs on the top.

For Rost Meates.

To make Aloes.

Take the Leg of Weale or Button, and slice it in thin slices, and lay them in a platter, and cast on Salt, and put thereon the yolkes of ten Egges, and a great sort of small Medlins and Dates finely minced, then take Vinegar and a

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little Saffron, Cloves and Spice, and a little Pepper, and mingle it together, and poyze it all about it, and then all to boyle it together; and when it is thoroughly seasoned put it on a spit, and set Platters underneath it, and baste it with Butter; and then make a sauce with Vinegar, Ginger and sugar, and lay the Glaze upon it, and so serve it in.

To make a Pudding in a breast of Veale.

Take Parsley and Elme, wash them, pick them and choppe them small; then take 8. yolkes of Egges, grated Bread, and halfe a pint of Cream being very sweet; then season it with Pepper, Cloves and Spice, Saffron and Sugar, small Mace and Salt, put it in and roast it and so serve it.

To roast Deares Tongues.

Take Deares Tongues and Lardes them, and make them with sweet sauce.

To rolle a Hare.

Vash her in faire water, parboyle her, then lay her in cold water; then lard her and roast her, and for sauce take red Wine, Mustard, Vinegar, Ginger, Pepper, Cloves and Spice, mixe them together; then mince Onions and Apples, and fry them in a pan; then put your sauce to them with a little sugar, and let them boyle.

boyle together, and then serue it.

Another way to roste a Hare.

You must not cut off her head, first nor eares but make a Pudding in her belly, and put paper about her eares that they burne not; and when the Hare is rosted, you must take Shalmon and Ginger, and grated Bread, and you must make very sweet sauce; then put in some Barberies, and let them boyle all together.

To roste a Carpe or Tench with a Pudding in his belly.

Take the Rones of a Hipe and chop them very small, then put in grated Bread, two or three Egges, Currans, Dates, Sugar, Cinamon, Ginger, Spice, Pepper and Salt, and put this on a board, and make sweet sauce with Barberies or Lemmons minced, and when the Carpe is rosted, put it on the Carpe, and so serue it up.

A sauce for a Coney.

Cut the Onions in rundels, and fry them in Butter, then put to them hains of Ginger, Salt, Ginger, Camomill and Pepper, and a little sugar, and let it boyle till it be good and thick, then serue it upon the Cony.

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For Bak'd Meates.

To bake a Gammon of Bacon.

TAke a Gammon of Bacon, waite it first
dapes, and parboyle himselfe enough, and
lay him in presse; then take the stuerde of him
and stusse him with Cloves, and season him with
Pepper and Saffron, and close up in a standing
Pye, bake him, and so serue him.

To bake a Gammon of Bacon to
keepe cold.

You must first boyle him a quartre of an houre
before you stusse him, then stusse him with
sweet Hearbs and hard Egges chopped together,
or Parsly.

To bake a fillet of Beef to keepe cold.

Mince him very finall, and seeth him with
Pepper and Salt, and make him up to-
gether accordingly and put them into your Pye,
and make them very thich.

To bake fillets of Beef or clods, in stead
of red Deere.

First take your Beefe, and make it very
thick, then season it with Pepper and
Salt, Cinamon and Ginger, and make
space good thicke, with a great

quantity of Pepper and Salt, then you would a piece of Wenison: then cover it up in Paste and when it is baked take Vineger, Sugar, Nuttation and Ginger, and put in it; then shake the Pastie, and stop it close, and let it stand almost a fortnight before you cut it up.

To bake a Neates tongue.

First powder the Tongue three or four daies, and then seeth it in faire water, then blanch it and lard it, and season it with a little Pepper and Salt; then bake it in Pye paste, and before you close up your Pye, strete upon the Tongue a good quantity of Cloves and Spice beaten into powder, and upon that halfe a pound of Butter, then close up your Pye very close, and make a round hole in the top of the Pye. Then when it hath stood more then foure houres in the Oven, you must put in halfe a pint of Vinegar or more, and while the Vinegar is sharp close up the hole very close with a piece of paste, and so set it into the Oven again.

To make a Pye to keepe long.

First parboile your flesh and presse it, and when it is pressed season it with Pepper and Salt whilest it is hot, then lard it, make
 your

putt passe of his clother, it must be very thicke
 or else it will not hold, when it is seasoned and
 larded, lay it in your Pies; then cast on it before
 you close it a good deale of Clothes and spere
 beaten musk, and therto upon that a good
 deale of Butter, and so close it up; you must
 leaue a hole in the top of the lid, and when it
 hath stood two hours in the Oven you must fill
 it as full of Vinegar as you can, then stop the
 hole as close as you can with passe, and then set
 it into the Oven againe; your Oven must be
 very hotte as at first, and your Pies will keepe
 a great while, the longer you keepe them the
 better they will be: when they be taken out of
 the Oven and almost cold, you must shake them
 between your hands, and set them with the bot-
 tom upward, and when you set them into the
 Oven, take great heed that one pee touch not an-
 other by more then ones hands breadth: Remem-
 ber also to let them stand in the Oven after the
 Vinegar be in two houres and more.

To bake Calves feet.

Take Calves feet and boyle them, and
 chop them fine, and a pound of butter,
 and saute it with them: then chop an Onion
 small, and put in them; then take Prunes,
 Dates

Onions and Currans and sprin to them, season them with Pepper, Nutmegs, and a little large Spice, then put in some Eggs; and stirr it all together, and put it into a Pie, and let it bake two hours, then put in a little Marjowce and Sugar, and so serbe it

Another way to bake Calves feet.

Season them with Salt, Pepper, Butter, and Currans if you will, and when they be baked put in a little white wine and Sugar, or Vinegar, and Sugar, or Marjowce and Sugar.

To bake a Legge of Veale.

Take a Leg of Weale, and cut it in slices, and beate it with the back of a knife; then take time, Paragerum, Peneryall, Saborry, and Parsly, and one Onyon, chop them all together very small; then break in some Eggs beaten and all, and putting in your Herbs, season it with Pepper, Nutmegs, and Salt, and a little Sugar; then stir them altogether, and so braynt them up like Alous, and cast a few Currans and Dates, with Butter amongst them.

Another bak'd Meat.

Take two pound of Mutton, and a little Weale, and mince it together, then take a little Peneryall, Saborry, Paragerum, and

unfer Lakes, chop them fine, and put in some Egges, and some Cream; then stirre it all well together; and season it with Pepper, Nutmegs and Salt, then put it into the Pye, and cut the Lid, and let it bake till it be dzy, then serbe it.

To bake a breast of Veale.

Take and break the bones thereof in the midst, and parboyle him; then take out the bones, and season him with Pepper and Salt, and lay them in the coffin with a little sweet Butter, and close him up; then make a catole of the yolkes of Egges, and straine it, and then boyle it in a Cheffing-dish of coles, and season it with Sugar, and so put it in the Pye, and set it into the Oven againe.

To bake a Leg of Lambe.

Take a Legge of Lambe, and cut out all the flesh, and save the skin whole; then mince it fine, and walke with it; then put in grated Bread, and some Egges whittes and all, and some Dates and Currans; then season it with some Pepper, Sinamon, Ginger, and some Nutmegs, and Carrawayes, and a little Cream, and ramper it altogether, then put it into the Legge of Lambe againe and let it bake a little before you put it into

your

your Pye, and when you have put it into your Pye, then put a little of the Pudding about it, and when it is almost baked, then put in Mace, Sugar, and Sweet Butter, and so serve it.

To bake a Turkie, and take out his bones.

TAKE a fat Turkie, and after you have scalded him and washed him cleane, lay him upon a faire cloth, and slit him thorowout the backe, and when you have taken out his garidge, then you must take out his bones so bare as you can; when you have so done wash him cleane, then trusse him, and pick his backe together, and so have a faire bittle of seething water and parboyle him a little; then take him up out the water may run cleane out of him, and when he is cold, season him with Pepper & Sale, and then pick him with a few Cloves in the belly, and also drabe him with Larde if you like it, and when you have made the coffin and laid your Turkie in it; then you must put some Butter in it, and so close him up, in this sort you may make a Goose, Pheasant or Capon.

To

To bake a Coney.

Seaſon him with Pepper and Salt, and put in Butter and Currans, and when it is baked, put in a little Marjoram and Sugar into the pee, and ſerue it up.

To bake Conyes.

Habe fine Paſte ready, waſh your Conyes and parboyle them and caſt them into cold water; then ſeaſon them with Salt and Ginger, lay them into the paſte, and upon them lay leaved ſarde, cloſe them and bake them.

To bake a Hare.

Take your Hare and parboyle him, and mince him, and then beat him in a mortar beſide fine, Liber and all if you wiſt, and ſeaſon it with all kinde of ſpices and Salt. and doe him together with the yolles of ſeven or eight Egges, and when you have made him up together: dore ſarde here thick roundo him, and mingle them all together, and put him in your Pie and put in Butter beſore you cloſe him up.

To bake a Kidde.

Take your Kidde and parboyle him, and waſh it in Marjoram and Saffron, and ſeaſon it with Pepper, Salt, and a little Spice, then lay it in your coſtin with ſome Butter.

and the Liquor it was seasoned in, and so bake it.

To make a Veale Pye.

Let your Meale boyle a good while, and when it is boyled, mince it by it selfe, and the white by it selfe, and season it with Salt, Pepper, Sinnamon, Ginger, Sugar, Cloves and Spice, and you must also have Peas, Beans, Dates and Currans on the top.

To make Mutton Pyes.

Mince your Mutton and your white together, and when it is minced, season it with Pepper, Sinnamon, Ginger, Cloves, Spice, Peas, Currans, Dates, Raisins, and hard Egges boyled and chopped very small, and lay them on the top, and so bake it.

To bake a Mallard.

Take three or foure Wyons and hange them in a sparter, then dredge them with a saucer full of Meringe; then take your spallard and put him into the jaws of the said Wyons, and season him with Pepper and salt, Cloves and Spice; then put your spallard into the Coffin with the said jaws of the Wyons, and a good quantitie of winter Sabeze, a little Tymie and Parsly chopped small

small, and sweet Butter, so close it up, and bake it.

To make a Pye of Humbles.

Take your Humbles being parboiled, and chop them very small with a good quantitie of Button wort, and halfe a handfull of these Herbs following: *Lime*, *Marjorum*, *Wozrage*, *Wardle*, and a little *Rose-mary*, and season the same, being chopped with *Pepper*, *Cloves* and *Spice*, and so close your Pie and bake him.

Another way to bake the Humbles
of a Deere.

Mince them very small, and season them with *Pepper*, *Simamon*, *Ginger* and *Sugar* if you will, and *Cloves*, *Spice*, *Dates* and *Carrons*, and if you will mince *Almonds* and put into them; and when it is baked, you must put in *finer fat*, and put in *sugar*, *Anamon* and *Ginger*, letting it boyle, and when it is minced put them together.

To bake a Red Deere,

Take a handfull of *Lime*, and a handfull of *Rose-mary*, a handfull of *winter Savie*, a handfull of *Wap-leaves*, and a handfull of *Fennell*, and when your liquor seeths then you parboile your *Wenison* in, put in your Herbs also, and parboile your *Wenison* un-

till it bee halfe enough; then take it out and lay it upon a faire board that the water may runne out from it; then take a Knife and pynke it full of holes, and while it is warme, have a faire Tray with Vinegar therein, and so put your Mutton therein from morning untill night, and ever take and then turne it upside downe, and then at night have your Coffin ready, and this done, season it with Sinnamon, Ginger, Nutmegs, Pepper and Salt and when you have seasoned it, put it into your Coffin, and put a good quantity of sweet Butter into it, and put it into the Oven at night when you goe to bed, and in the morning draba it forth, and put in a saucer full of Vinegar into your Pye, at a hole above in the top of it, so that the Vinegar may runne into every place of it, and then stop the hole againe, and turne the bottom upwards, and so serve it in.

To bake Chickins.

First season your Chickins with Sugar, Sinnamon and Ginger, and so lay them in your Pye; then put in upon them Gooseberries or Grapes or Barberries, then put in some sweet Butter, and close them up, and when they bee almost baked, then put in a

Cumbrle made with hard Egges and white wine
and serbe it.

Seaſon them with ſalt and Pepper, and put
in Butter, and ſet them bake, and when
they be baked, boile a ſtoke of Marberries, Quena
and Currans, and take a little white Wine of
Cherrie, and let it boyle, and put in a little
Sugar, and let it on the fire a little, and ſtraine
in two or three yolkes of Egges into the Wine;
and when you take the biſh off the fire, put the
Quena, Currans and Marberries into the diſh;
then put them into the Pye of Chichins.

To make Marrow Pyes.

Make fine Paſt, and put in the white of one
Egge and Sugar, and when they are
made in little roſtes, ſet them into the Oven
upon a paper a little while; then take them out
and put in Sparrow, and ſo cloſe them up & pick
them, and ſet them in againe, and when they
are broken, ſerue them with blanch powder ſtre-
ed upon them.

To bake Pigeons.

Seaſon them with Pepper and ſalt, and
Butter.

To

To make a Florentine.

TAKE the kidneyes of a lorne of Wheale that is roasted, and when it is cold, shred 'it fine, and grate as it were halfe a Marchet very fine, and take eight yolkes of Egges, and a handfull of Currans, and eight Dates finely shred, a little Cinamon and Ginger, a little Sugar, and a little Salt, and mingle them with the Kidneyes; then take a handfull of fine flower, and two yolkes of Egges, and as much Butter as two Egges, and put into your flower, then take a little scolding liquor and make your Paste, and drie it abroad very thin; then stroke your dish with a little Butter, and lay your paste in a dish, and fill it with your Meat; then dresse another sheet of Paste thinn and cover it withall, cut it handsomely upon the top, and by the sides, and then put it into the Oven, and when it is halfe baked dresse it out, and take two or three feathers, and a little Rosewater, and wet all the Cover with it, and have a handfull of Sugar finely beaten, and strewe upon it, and see that the Rosewater wet in every place. and so set it in the Oven againe, and that will make a faire Ice upon it: if your Oven be not hot enough to reare up your Ice, then put a little fire in the Ovens mouth.

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To make Butter Paffe.

The flower, and seaven or eight Egges,
cold Butter, and faire water, or Rose-
water, and Spices if you will; then make
your Paffe; and beate it on a boord, and when
you have so done, behide it into two or thre parts
and dribe out the piece with a rotating Pinne,
and doe with Butter one piece by another, and
then fold up your Paffe upon the Butter, and
dribe it out againe, and so doe fife or sixe times
together, and cut some for bearings, and put
them into the Oven, and when they bee baked
brase Sugar on them, and so sethe them up.

To make good Resbones

Take a quart of fine flower, lay it upon
a fine boord, and make a hole in the midd^e of
the flower with your hand, and put a spoonfull
of Ale yeast thereon, and ten yolks of Egges,
and two spoonfulls of Cinamon, and one of ginger,
one of Cloves and Mace, and a quarter of Su-
gar finely beaten, a little Saffron, and halfe a
spoonfull of salt; then take a dish full of But-
ter, melt it, and put into your flower, and
therewithall make your Paffe, as it were for
chamber, and mold it a good while, and cut
it in pieces of the bignesse of Duckes Egges,
and

and so molde ebery piece as a Panchet, and make them after the fashion of an Inchbogne broad above, and narrow beneath; then set them in the Oven, and let them bake three quarters of an houre; then take two dishes of Butter and clarifie it upon a soft fire; then draine it out of the Oven, and scrape the bottome of them faire and cleane, and cut them oberthwart in four pieces, and put them in a faire Charger, and put your clarified Butter upon them, and have Cinamond and Ginger ready by you, and sugar beaten very small, and mingle all together, and ever as you set your pieces together, cast some of your sugar, Cinamon and Ginger upon them; when you have set them all up; lay them in a faire platter, and put a little Butter upon them, then cast a little Sugar, on them, and so serve them.

To make a Vaunt.

TAke marrow of Beefe, as much as you can hold in both your hands, cut it as bigge as great Dice, then take Dates and cut them the bignesse of small Dice, and then take some forty Quens, and cut the hutes from the stones; then take halfe a bushell of small Raisins, wash them cleane and pierce them, and put your marrow in a faire

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platten and your Dates, Aquem and small Mar-
tins; then take twenty yolkes of Egges, and
put in your stufte before rehearsed; then bake a
quartern of Sugar or moze, and beat it small, and
put in your Sparrow; then take two spoonfulls of
Sinnamon, and a spoonfull of Ginger, and put
them to your stufte, and mingle them together;
then take eight yolkes of Egges, and foure
spoonfulls of Rosewater, straine them and put a
little Sugar in it; then take a faire frying
panne, and put in a little piece of Butter in it,
as much as a Walnut, and set it upon a good
fire, and when it looketh almost blacke, put it
out of your panne, and as fast as you can, put
halfe of your Egges in the midst of your panne,
and fry it yelow, and when it is fryed, put it
into a faire dish, and put your stufte therein, and
spread it on the bottome of your dish, and then
make another Maunt eben as ye made the other,
and set it upon a fair boord, cut it in pretty pieces
of the length of your middle finger, as long as
your Maunt is, and lay it upon your stufte, after
the fashion of a little Windelm, and then cut off
the ends of them, as much as lyeth without the
inward compasse of the dish; then set the dish
with in the Oven, or in a baking panne, and let it
bake with leisure, and when it is baked enough,
the Sparrow shall come faire out of the Maunt

to

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to the brim of the dish; then draine it out and call
a little sugar on it, and so serbe it in.

To make a Sirrup for bak'd Meats.

TAke Ginger, Cloves and Spice, and Nut-
megs, beat all these together very fine,
and boyle them in good red Winegar, untill it
be somewhat thicke, this being done, draine your
Pye when it is hard baked, and a small hole be-
ing made in the cover thereof at the first, with a
Tunnell of Paste you must poyze the Sirrup in-
to the Pye, that done cover the hole with Paste,
and stop the Pye well, and set it againe in the
Oven, till it be thoroughly baked, and when you
have draine it, turne the bottome untill it be
serbed.

To make fine Cracknels.

TAke fine Flower, and a good quantity of
Eggs, as many as will supple the flowers,
then take as much Sugar as will sweeten the
Paste, and if you will not bee at the cost to
raise it with Egges, then put thereto sweet
Water, Sinamon, and a good quantity of
Nutmegs and Spice, according to your bread-
take a good quantitie of Anniseeds, and let all
this

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this be mingled with your Flower, and at the putting in of your Egges or other moisture, then set on your water, and let bee at seething before you put in your Cracknels in it, they will goe to the bottome, and at their rising take them out and drye them with a cloth, then bake them.

To make fine Bisket bread.

Take a pound of fine Flower, and a pound of Sugar, mingle it together. and a quarter of a pound of Anniseeds, four Egges, then or three spoonfulls of Rose-water: put all these into an earthen Panne, and with a slice of wood heat it the space of two houres, then fill your molds halfe full; (your molds must be of Linne) and then set into the Oven, your Oven being so hot as it were for Cheat-bread, and let it stand one houre and a halfe; you must annoint your molds with Butter before you put in your slice, and when you shall use any of it slice it thicke, and drye it in the Oven, your Oven being no hotter then you may abide your hand in the bottome.

Another to make fine Bisket bread.

First, take halfe a Pecke of fine white flower, also eight new laid Egges, the whites and yolkes beaten together; then put

the said Egges into the Flower, then take eight
Ozaines of fine Space and stamp it in a Mortar;
then put halfe a pinte of hot Damask-water,
or else Rose-water into the Space, and mingle it
together, and put it into a Sift of Muscadine,
but Muscadine is better, and put it into the
Flower; also one ounce of good Anniseeds clean
picked, and put therein, and so to kicke them all
together into a Paste, as ye doe bread, and then
make your Biskets into what fashion you thinke
best, and then put them into an Oven, and bake
them hard if you will keepe them long: or else
but indifferent; If you will have it candite, take
Rose-water and Sugar, and boyle them together
till they be thicke, and so like slices of bread, set it
but in the Oven untill the same be candite.

To make fine Bread.

Take halfe a pound of fine Sugar well be-
aten, and so much Flower, and put thereto
the whites of foure Egges, and being very
well beaten, you must mingle them with
Anniseeds bruised, and being all beaten to-
gether, put it into your mold, melting the
same over first with a little Butter, and so set it
in the Oven, then turne it twice or thrice in the
baking.

To

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For Tarts.

To make all manner of Fruite Tarts.

You must boyle your fruit, together it be the Apple, Cherry, Peach, Damson, Pear, Coulberry, or Codling in faire water, and when they be boyled enough; put them into a bolle, and bzuise them with a Ladle, and when they be cold straine them, and put in red wine, or Claret wine, and so season it with Sugar, Cinamon and Ginger.

To make a Tart of Costards.

You must take halfe a hundred of Costards and pare them, and cut them, and as soone as you have cut them, put them into a pot, and put in two or thre pound of Sugar, and a pint of water, and a little Rose-water, and stirre them from the time you put them in, until the time you take them out againe; or else you may also put it into a dish, and when your Tart is made, put it into the Oven, and when it is baked, endoze it with Butter, and throw Sugar on the top and then doe on your sauce, and let Comfits on the top, and so serbe it up.

To

To make a Tart of Wardens.

You must take your Wardens first in a Pea, and then take all the Wardens and cut them in four quarters, and core them, and put them into a Tart pinched, with your Sugar, and season them with Sugar, Cinamon and Ginger, and set them in the Oven, and set no cover on them; but you must cut a cover, and lay on the Tart when it is baked, and butter the Tart and the cover too, and endowe it with Sugar.

To bake Quinces, Peares or Wardens.

Take and pare and core them, then make your Paste with faire water and Butter, and the yolke of 1 Egge, then set your Quinces into the Paste, and then bake it well. fill your Paste almost full with Cinamon, Ginger and Sugar. Also Apples must be taken after the same sort, taking that whereas the core should be cut out, they must be filled with Butter every one; the hardest Apples are best, and likewise are Peares and Waterburgs, but none of them all but the Wardens may be parboyled, and the Oven must be of a temperate heate, for six hours so and is enough.

To

To make a close Tart of green Pease.

Take halfe a peche of greene Pease, shalke them and steepe them, and cast them into a Cullender, and let the water run from them, then put them into the Hart whole, and season them with Pepper, Saffron and Salt, and a dish of sweet Butter: close and bake him almost an houre; then ozate him, and put to him a little Merganser. and shake them and let them into the oven againe, and so serue it.

To make a Tart of Rice.

Boyle your Rice, and put in the yolkes of two or three Egges into the Rice, and when it is boyled, put it into a dish and season it with Sugar, Cinamon, Ginger and Butter, and the saue of two or three Oranges, and let it on the fire againe.

To make a Tart of Prunes.

Put your Prunes into a Pot, and put in it halfe a pint of Claret-wine, and a little faire water, and stirre them now and then, and when they be boyled enough, put them into a bolle, and strain them with Sugar, Cinamon and Ginger.

To make a Tart of Medlers.

Take Medlers that bee rotten and stamp them, then set them upon a Chafin dish.

with coales, and beate in the yolkes of Egges, boiling till it be somewhat thicke; then season them with sugar, Cinamon and Ginger, and laie it in Paste.

To make a Tart of Damsons.

Take Damsons and seeth them in wine, and strain them with a little Creame; then boile your stuffe ober the fire till it be thicke, put thereto Sugar, Cinamon and Ginger, but set it not into the Oven after, but let your Paste be baked before.

To make a close Tart of Cherries.

Take out the stones, and laie them as tobole as you can in a Charger, and put mustard, Cinamon and Ginger into them, and laie them into a Tart hole, and close them; then let them stand three quarters of an houre in the Oven, and then make a Syrop of muscadine, and Damaske water and sugar, and so serbe it.

To make a Tart of Strawberries.

Take Strawberries and wash them in Clarret wine, thicken and temper them with Rose-water, and season them with Cinamon, Sugar and Ginger, and spread it on the Tart, and linc the sides with Butter, and cast on sugar and Croquets, and serbe them so.

To

To make a Tart of Strawberries.

Wash your Strawberries, and put them into your Tart, then season them with Sugar, Cinnamon and Ginger, and put in a little red Wine into them.

To make a Tart of Hippes.

Take Hippes and cut them, and take the seed out, and wash them very cleane, and put them into your Tart, and season them with Sugar, Cinnamon and Ginger.

Likewise so you must prescribe them with Sugar, Cinnamon and Ginger, and put them into a Wally-pot close.

To make a Tart of Spinage.

Boyle your Egges and your Creame together, and then put them into a bolle, and then boyle your Spinage, and when they are boyled, take them out of the water and straine them into your stuffe, before you straine your Creame, beate your stuffe, and then straine them all againe, and season them with Sugar and salt.

Another way to make a Tart
of Spinage.

Take Spinage and seeth it in Salte and water, and when it is tenderly sodden, take it off, and let it draine in a Cullender, and then straining it in a cloth, stamp it and straine

with two or three yolkes of Egges, and then set it on a Chaffingdish of Coales, and season it with Butter and Sugar, and when the Paste is hardened in the Oven, put in this Comode, and stretch it then.

To make a Tart with Butter and Egges.

Break your Egges and take the yolkes of them and take Butter and melt it, setting it be very hot ready to boyle, then put the Butter into your Egges, and so strain them into a bolle and season them with Sugar and Salt.

To make a Tart of an ear of Veale,

Take two pound of great Kidneys, and wash them clean, pick them, and take the flowers out of them; then take two Kidneys of Weale, and a piece of the Leg which is lean and boile them all together in a pot with the skinn of the booth of autton, and boyling it let it boyle the space of an hour; then take it up and chop it fine and temper it with crumbe of Bread finely grated; and take nine yolkes of Egges, temper them all together, and season them with Shal-lots, Ginger, Sugar, small Kidneys, great Kidneys minced, Dates and Saffron; then take the Flower and water, and three yolkes of
 D Eggs,

Egges, Butter, and Saffron, and make them like a round Earle, close with a cover of the same Paste, and set it in the Oven, and let it stand one houre, then take it forth, and endoze it with Butter, and cast on powder of Sinnamon, Ginger, and Sugar, and so serue it.

To make a Custard.

Breake your Egges into one bowle, and put your Cream into another; then strain your Egges into the Creame, and put in Saffron, Cloves, Mace, and a little Sinnamon and Ginger, and if you will, some Sugar and Butter, and stir it with Salt, and melt your Butter, and stir it with the Ladle a good while, and draw your Custard with Dates or Currans.

To make Oysters Chewers.

Take a peck of Oysters and wash them cleane, then shale them, and wash them faire in a Tullender, and when they be sodden, strain the water from them, and chop them as small as Eye-meat; then season them with Pepper, half a penny worth of Cloves and Mace, half a penny worth of Sinnamon and Ginger, and a penny worth of Sugar, a little Saffron and Salt; then take a handfull of small Raisins, small Dates

mixed

minced small; and mingle them all together; then make your paste with one penny-worth of fine flower, ten yolks of Eggs, half a penny-worth of Butter, with a little Saffron and boiling water; then raise up your cheests, and put in the bottome of every one of them a little butter, and so fill them with your stufte; then cast prunes, dates, and small raisins upon them, and being closed, bake them; let not your oven be too hot, for they will have but little baking; then drabe them, and put into every one of them two spoonfull of Merveilles and Butter, and so serve them in.

For boyl'd Fish.

To boyle a Breame.

Take white tobat and put it into a pot, and let it seeth, then take your Breame and cut him in the middlest and put him in, then take an onion and chop it small; then take mace beaten fine and ginger, whole mace, and a pound of butter, and let it boyle all together, and so season it with salt; serve it upon sops, and garnish it with fruit.

To

To boyle Muskles.

Take Water and Pease, and a good dish of Butter and Onions chopt, and a little Pepper and when it hath boyled a little while, then take that your Muskles be clean washed, and put them into the boyleth shels and all, and when they be boyled well, then serbe them boyle and all.

To boyle Stock-fish.

Take Stock-fish when it is well watered, and picke out all the baste cleane from the fish, then put it into a Dishin, and put in no more water then will cover it, and set it on the fire, and as soon as it beginneth to boyle on the one side; then turn the other side to the fire, and as soon as it beginneth to boyle on the other side, take it off, and put it into a Cullender, and let the water turne out from it, and put in Wine in the boyling of it; then take a little faire water and sweet Butter, and let it boyle in a dish untill it be something thich, then poyze it on the Stock-fish and serbe it.

To boyle diuers kinds of Fish.

Bhet, Conger, Hornback, Playes, fresh Brimen, all these you must boyle with a little faire water and Vinegar, a little salt, and Bayleaves, and sauce them in Vinegar, with

with a little of the broth that they are sodden in, and a little Salt, and as you see cause thist pour sauce as you be Wast in bryne. Also fresh Sturgeon, seeth it as is aforesaid, and sauce it as ye did the other, and so you may keep it halfe a yere with changing of the sauce : And salt Sturgeon, seeth it in water and salt and a little Vinegar ; then let it be cold, and serbe it forth with Vinegar, and a little Pernell upon it, but first ere ye seeth it, it must be tostered.

To make black Puddings.

TAke great Otemeale, and lay it in milke to steep, then take Sheeps blood and put to it also, take Ore white and mince into it, then take a few sweet Herbs, and 2 ozthz Lake blades, and chop them very small, and then put to it the yolkes of some Egges, and season it withinnamon, Ginger, Cloves, Mace, Pepper and salt, and so fill them.

To make white Estings.

TAke great Otemeale steeped in Milke, and put in the yolkes of some Egges, also take Ore white and mince it small, then season it with Sugar, Sinnamon, Ginger, Cloves, Mace, Nuttfron and Salt, and so fill them.

To make Sausages.

The Sparlmanns Beefe, or if you cannot get it, take fresh Wale, or the leane of bacon if you will, and you must mince very small that kinde of flesh that you take, then cut Lard and put into the minced meate, and whole Pepper, and the yolks of fven Egges mingle them all together, and put the meate into a gut very salt, and hang it in the chimney where it may dry, and there let it hang a month or two before you take it down.

To make a Sallet of all kinde of Hearbs.

The yare herbes and pick them very fine into faire water, and pick your flowers by themselves, and wash them clean, then steepe them in a strainer, and when you put them into a dish, mingle them with Cucumbers or Lemmons pared and sliced, also scrape Sugar, and put in vinegar and oyle; then spread the flowers on the top of the Sallet, and with every sort of the aforesaid things garnish the dish about, then take eggs boyled hard, and lay about the dish, and upon the Sallet.

To

To make a Sallet of Lemmons.

Cut out slices of the pele of the Lemmons long wayes, a quarter of an inch one piece from another, and then slice the Lemmons very thin, and lay him in a dish cross, and the peles about the Lemmons, and scrape a good deale of sugar upon them, and so serbe them.

For Fry'd Meats.

To fray Bacon.

Take Bacon and slice it very thin, and put away the leane, and beate it with the back of your knife, and fray it in sweet butter, and so serbe it.

To fry Chickins.

Take your Chickins and let them boyle in very sweet good broth a pretty while, and take the Chickins out, and quarter them out in pieces, and then put them into a fryingpan with sweet butter, and let them stew in the pan, but you must not let them be browne with frying, and then put out the butter out of the panne; and then take a little sweet broth and as much verjuice, and the yolkes of two Eggs, and beate them together, and put in a little

Nutmegs, Cinamon, Ginger and Pepper, into the sauce, and then put them all into the pan to the Chickens, and stir them together in the pan; and put them into a dish, and serue them up.

To make Peascods in Lent.

The Figs, Raisins, and a few Dates, beat them very fine, and season it with Cloves, Mace, Cinamon, and Ginger, and for your paste take fair water and oile in a dish set upon coals; put therein saffron, Salt, and a little flower; fashion them then like Peascods, and when you shall serue them, fry them in oyle in a frying-pan, but let the oyle be very hot, and the first sort for burning of them, and when you make them for flesh dayes, take a fillet of beale and mince it fine, and put the yolke of two or three rawe eggs to it, and season it with pepper, salt, cloves, mace, honey, sugar, cinamon, ginger, small raisins, or great minced; and for your paste, butter and the yolke of an egge, and season them, then fry them in butter as ye did the other in oyle.

To make Fritter-stuffe.

Take fine flower, and 3. or 4. eggs and put into the flower, and a piece of Butter, and let them boyle all together in a dish or Chafin,

Cheser, and put in Sugar, Sinnamon, Ginger, and Rose-water, and in the boyling put in a little grated Bread to make it big; then put it into a dish and beat it well together, and so put it into your molde, and fry it with clarified Butter, but your Butter may not be too hot nor too cold.

A Fritter to be made in a molde.

Take Ore white and mince it fine, then take Dates and mince them fine, also take Currans, Egges, white bread grated, and season it with Sugar, Sinnamon, Ginger, Cloves, Pepp; and Saffron, and stir it well together; then dylbe a thich Cake of paste and lay it in the mold and fill it with the stuffe, and lay another Cake of Paste upon it, then shake it about and so fry it.

To make Fritters of Spinage.

Take a good deale of Spinage and wash it cleane, then boyle it in faire water, and when it is boyled take it forth, and let the water run from it; then chop it with the back of a knif, and then put in some Egges and grated Bread, and season it with Sugar, Sinnamon, Ginger, Pepper, Dates minced fine, and Currans, and roule them like a ball, and dip them in Butter, made of Ale and Flower.

For

For made Dishes.

To make a pretty dish with Dates, and
the iuyce of two or three
Orenge.

Straine them in a dish, and so make Cham-
bers of paste upon a stick, put the sticks upon
a loaf of bread, and so dze them in the oven,
then clarifie a little butter, and fry them in, lay
them in a dish, and serbe sugar on them.

To make a Trifle.

TAke a pint of thick cream, and season it
with sugar, ginger, and rose-water, and stir
it as you would, then bew it, and make it luke
warm in a dish upon a chaffindish of coles, and
after put it into a silver piece or a boole, and so
serbe it.

To make cast Creame.

TAke Milke as it cometh from the Cowe
a quart or lesse, and put thereto rawe
 yolkes of Eggs, temper the milke and the
Egges together, then set the same upon a
Chaffindish, and stirre it that it cust not,
and so put Sugar in it, and it shall be like
Creame of Almonds, when it is boyled thick
enough, cast a little sugar on it, and sprinkle

Dore.

rose-water thereupon, and so serbe it.

To make Blue-manger.

TAke a pinte of Creame, and 12 or 16 yolks of Eggs, and strain them into it, and seeth them well, eber stirring it with a stick that is broad at the end, but before you seeth it, put in sugar, and in the seething taste of it, that you may, if need be, put in more sugar, and when it is almost sodden, put in it a little rose-water, that it may taste thereof, and seeth it well till it be thick, and then strain it again if it hath need, or else put it into a faire dish, and stir it till it be cold, and take the yolks of all the Eggs, and strain them with a pint of creame, and seeth that with sugar, and in the end put in rose-water as unto the other, and seeth it till it be thick enough, and then use it as the other, and when you serbe it, you may serbe one dish of one, and another of the other in rolls, and cast on biskets.

To make Blue-mangle.

TAke all the brain of a Capon, and stamp it in a mortar fine, and blanchéd almonds, and sometimes put to them rose-water; then season with powder of Cinamon, Ginger, and sugar, and so serbe it up.

To

To make an Apple moist.

Roast your Apples, and when they be roasted, pill them and strain them into a dish, and pare a dozen of Apples, and cut them into a Chaffer, and put in a little white Wine and a little Butter, and let them boyle till they be as soft as Pape, and stir them a little, and strain them to some Wardens roasted and pilld and put in Sugar, Cinamon and Ginger, then make Diamonds of paste, and lay them in the sunne, and scrape a little Sugar upon them in the dish.

To make a Quinces moyse, or
Wardens moyse.

You must roast your Wardens or Quinces, and when they be roasted pill them and strain them together, and put in Sugar, Sinamon and Ginger, and put it in a plate, and then smooth it with a Knife, and scrape a little Sugar on the top, and mark it finely with a knife.

To make Almond Butter.

Take Almonds and blanch them, and beate them in a Morter very small, and in the beating put in a little Water, and when they be beaten, polize in Water into two Pots, and put halfe into one, and halfe into another, and put in Sugar, and stir them

them still, and let them boile a good while, then strain it throgh a Strainer with Rosewater, and salt it up.

To make Almond Butter after the best and newest fashion.

Take a pound of Almonds oz. more, and blanch them in cold water, or in warm, as you may have leisure, after the blanching let them lye one houre in cold water; then scrape them in faire cold water as faine as you can: then put your Almonds in a cloth, and gather your cloth round up in your hands, and presse out the iuyce as much as you can, if you thinke they be not small enough, beate them againe: and so get out milke so long as you can: then set it ober the fire, and when it is ready to scath put in a good quantiry of Salt and Rosewater that will turne it, after that is in, let it have one boyling; then take it from the fire, and cast it abroad upon a Linnen cloth, and underneath the cloth, scrape off the Whey so long as it will runne: then put the Butter together into the midst of the cloth, binding the cloth together, and let it hang so long as it will drop; then take pieces of Sugar so much as you thinke will make it sweet, and put thereto a little Rosewater, so much as will melt the Sugar, and so much fine

patu-

as will melt the sugar, and so much fine powder of saffron as you think will colour it, then lay both your sugar and saffron steep together in a little quantity of rose-water, and with that season up your butter when you will make it.

To make a made dish of Artechokes.

Take your Artechokes and pare away all the top even to the meat, and boyle them in water both till they be somewhat tender, then take them out, and put them in a dish, and seeth them with pepper, cinnamon, and ginger, and then put them in your dish that you mean to bake them in, and put in marrow to them good store, and so let them bake, and when they be baked, put in a little vinegar and butter, and stick thye oz four leaves of the Artechokes in the dish when you seeth them up, and scrape sugar upon the dish.

To make a fresh Cheese and Creame.

Take a gallon oz two of milke from the Cows and seethe it, and when it hath seeth, put thereunto a quart oz two of morning spicke, in faire cleansing panes, in

such a place as no dust may fall therein, and this is for your clotted Cream; the next morning take a quart of mornings milk, and scald it, and when it doth, put in a quart of Creame therewith, and take it off the fire, and put it into a faire earthen pan, and let it stand untill it be somewhat blood warm, but first every night put a good quantity of Ginger, with Rose-water, and stir it together, and let it settle all night, and the next day put it into your said blood-warm milk to make your cheese come; then put the curds into a faire cloth, with a little good Rose-water, and fine powder of Ginger, and a little sugar, so fasten great soft cottons together with a thread, and crush out the Whey with your clotted cream, and mixe it with fine powder of Ginger and Sugar, and so sprinkle it with salt-water, and put your cheese in a faire dish, and put these clottes round about it; then take a pint of raw milke or cream, and put it into a pot, and all to shake it, untill it be gathered into a froth like snow, and ever as it cometh, take it off with a spoon, and put it into a colander; then put it upon your fresh cheese, and press it with handes, and so serve it.

To

To make Marmelet of Quinces

You must take a pottle of water, and four pound of Sugar, and so let them boyle together, and when they boyle, you must skim them as cleane as you can, and you must take the whites of three Egges and beat them to froth, and put the froth into the panne for to make the skum to rise, then skim it as cleane as you can, and take off the Kettle, and put in the Quinces, and let them boyle a good while, and when they boyle, you must stirre them still, and when they be boyled enough, you must boyle them.

Another Marmelet of Quinces.

Take very good Quinces and pare them, and cut them in quarters; then coare them cleane, but take heed it be not a ston Quince, and when you have pared and coared them, then take two pints of running water, and put it into a Brazill panne, casting away eight spoonfulls of one of the pates; then weigh three pound of fine Sugar, and beate it, put it into the water, and make pot fire where you may have good light, not in Chimney; then set on your panne upon

Crebet, and when your Sugar and Water be-
ginneeth to boyle, you must scum it clean; then
put in six spoonfulls of Rose-water, and if there
arise any more scum, take it off, and so put in
your three pound of Quinces, and let them
boyle but softly, and if you see the colour were
somewhat deep now and then, bath a fair slice
by breaking of them, and when your liquor is
well consumed away, and the colour of your
Quinces to grow fairer, then be still stirring of
it, and when it is enough, you shall see it rise
from the bottome of your Pan in stirring of it
and so boy it, and you shall have it to be good
Purmelet and a very ozient colour. If you will
you may put some Musk into it, some Rose-
water, and rub your boy withall, it will give a
pretty scent, and it is a very good way.

To make Condomack of Quinces.

Take five quarts of running Water, and
a quart of French Wine, put them to-
gether, then take Quinces and pare them,
and cut them till you come at the Coares;
then weigh ten pound of the Quinces, and
put them into your Pan of Water and Wine,
and boyle them over a quick fire, till they be
tender, keeping your Pan very close covered;
then

then take a piece of fine Canbasse, and put pe
Quinces and liquoz in it, and when your Syrop
all run thogoh, put in so much fine Sugar
will make it thozet, and set it ober a quick fi
again, stirring with a stick till it be so thick th
a ozop will stand upon a dish; then take it fro
the fire, and put it in boxes.

To make Manus Christi.

Take six spoonfulls of Rosewater, and grain
of Ambergrease, and four graines of Pear
beaten very fine, put these three together in
saucer and cover it close, and let it stand cover
one houre; then take four ounces of very fine
Sugar beaten very small, and searce it thogoh
fine searce; then take a little earthen pot glaze
and put into it a spoonfull of Sugar, and a quar
ter of a spoonfull of Rosewater, then let the Su
ger and the Rosewater boyle together softly till
it doe rise and fall againe three times. Then
take fine Rye flower and sift it on a smooth board
and with a spoon take off the Sugar, and the Rose
water, and first make it all into a round Cake
and after into little Cakes, and when they be
half cold, wet them ober with the same Rosewa
ter, and then laying on your gold; so shall you
make very good Manus Christi.

Cookery.

65

The Names of all things necessary for a Banquet.

S ugar,	S innamon.	L iquorice.
P epper,	R utmegs.	A ll kinds of
S affron,	C innamon.	C onfects.
A nniseeds,	C oriander.	D ishes.
P omegranet,	L emonons.	B athask wa-
C ornetole,	R ose water.	T er.
S prunes,	M ayons,	D ates.
C urrants,	R ose flower,	C herries
B arbaries	G inger,	C onfects.
C onfects;	C loves and	S weet Wre-
P epper white	S pice.	ggs.
and bzoton.		S olsters.

For your Sparckpanes, seasoned and unseasoned Spinages.

For Preserves.

To preserve all kinde of Fruits, that they shall not break in the preserving of them.

Take a Platter that is plaine in the bottome, and lay Sugar in the bottome, then Cherries or any other fruit, and betweene

every roble you lay, threbo Sugar, and set
upon a pots head, and cober it with a dish, and
so let it boyle.

To preserve Quinces whole.

Take a pottle of fair water, and put it into
a clean pan, and heat thre pound of fine Su-
ger and put into it, then set on the fire, and
when you have skimmed it, put in twelbe spoon
full of Rose-water; then take ten fair Quinces
and pare them, and coar them clean, then put
them into your sirrop, and so cober them bene
close for the space of two hours with a fair plat-
ter, and let them boyle a good pace: and at the
two hours end uncover them, and look toether
you finde them tender, and also that they have
a fair crimson colour; then take them up, and lay
them upon a fair platter, cobering your sirrop
again, and letting it seth while it be somewhat
thick, then put your Quinces into your sirrop
again, and have a fair gally-pot, and put in both
your sirrop and Quinces as fast as you can, and
cober your pot close that your heat goe not forth
also take heed you put them not in a glasse, for
it will break.

To preserve Pear-plums.

First take two pound and a halfe of fine Sugar and beat it small, and put it into a prett y brasse pot with twenitie spoonfulls of Rose-water, and when it boyleth, skim it clean; then take it off the fire, and let it stand while it be almost cold; then take two pound of Pear-plums; and wipe them upon a faire cloth, and put them into your sirrop when it is almost cold and so set them upon the fire again, and let them boyle as softly as you can, for when they are boyled enough, the kernels will be yelloe; then take them up, but let your sirrop boile till it be thicke, then put your Plums upon the fire again, and let them boyle a halfe an houre, so take them from the fire, and let them stand in the vessell all night, and in the morning put them into your jar of glasse, and cover them close.

To preserve Orenge.

You must cut your Orenge in half, and pare them a little round about, and let them lie in water four or fife dayes, and you must change the water once or twice a day, and when you preserve them, you must have a quart of fait water to put in your Sugar, and a little Rose-water, and

set it on the fire, and keem it very clean, and put in a little Sinnamon; then putting in your Oranges, let them seeth a pretty while, and then take them out again, and do so fives or six times, and when they be enough, put in your Oranges, and let your sirrop stand till it be cold, and then put the sirrop into your Oranges.

Another way to preserve Oranges.

Choose out the fairest and the best, that is full of liquor, and cut them full of little specks; then make a little round hole in the halfe of the Orange, and breake the strings of the meate of the Oranges, and close the meat to the sides of your Oranges with your finger, then boill part of the juice and kernells some out, and lay them in water thre dayes and thre nights; then take them out, and set a Pan with water ober the fire, and when it seeths put in your Oranges, but let them not seeth too fast; then you must have another Panne with water ready seething, to shift the Oranges out of the other water when they have sodden a little while, and so have one Panne after another, to shift them still upon the fire ten or twelke times, to take away the bitternesse of the Oranges, and you must

keep

heepe them as whole as you can in the boyl-
 ing, and then take them up by one and one,
 and lay them upon a Platter the hole being
 downward, that the water may run the more
 clearer out of them; then let them stand so un-
 till ye have boyled your Sirrop, and then take
 to ebery two Oranges a pint of water, and a
 pound of Sugar, let your Sugar be finely beaten
 befoze you put it into your liquor, and looke that
 the Kettle you boyle them in be sweet Brasse;
 then take ten whites of Egges, and put them
 into your Kettle with your liquor and Sugar,
 and beat your whites of Egges and the liquor
 together a good quarter of an houre; then set
 your liquor upon a soft fire of coales, and let it
 feth so foone as you can, having a faire Scum-
 mer and a Cullender ready, and set your Cul-
 lender in a faire Bason, and as your whites of
 Egges rise in Scumme, take them up with
 your Scummer, and put them into your Cul-
 lender, and you shall have a great quantitie of
 sirrop come from your scumme, thorow your
 Cullender into your Bason, and that you must
 save and put it into your Kettle againe, and
 when your great scumme is off, there will a-
 rise still some scummes, which you must take
 off with a Scummer as cleane as you can.

nd tohen your sirrop hath sodden a pretty while, then put in your Mzenzes, and let them boyle softly till you think they be enough, and the sirrop must be somewhat thicke; then let your Mzenzes stand all night upon the fire, but there must be nothing but embers, and in the morning take them up and put them in glasses oz gally-pots.

To preserve Cherries.

To ebery pound of Cherries take a pound of Sugar, that done, take a few Cherries, and distrain them to make your sirrop, and to ebery pound of Sugar and Cherries, take a quarter of a pound of sirrop, and this done, take your sirrop and Sugar and set it on the fire; then put your Cherries into your sirrop, and let them boyle fife severall times, and after ebery boyling scumme them with the backside of a spoon.

To preserve Gooseberries

Take to ebery pound of Gooseberries, one pound of Sugar, then take some of the Gooseberries and distrain them; then take the sirrop, and to ebery pound of Gooseberries take halfe a pound of sirrop, then set the Sugar and sirrop over the fire, and put in the Gooseberries, and boyle them four severall times, and scum them clean.

To

*To distill Waters.**To make Hipocras.*

Take a gallon of white Wine, Sugar two pound of Cinamon 2 d. Ginger 2 d. long Pepper 2 d. Mace 2 d. not bruised, Graines 2 d. Saltgall 1 d. ob. Cloves not bruised, you must bruse every kinde of spice a little, and put them in an earthen pot all day, and then cast them throze two bags two times or more, as you see cause, and so drinke it.

To make Sinamon-water.

Take Rhenish Wine a quart, or Spanish Wine a pint, Rose-water a pint and a halfe, Sinamon bruised a pound and an half, let them stand infused the space of twentie four hours, then distill it, and being close stopped and luted, then with a soft fire distill the same softly in a Limbeck of glasse, and receive the first water by it self.

Also if you be disposed to make the same water weaker, take three pints of Rose-water, and a pint and a halfe of Rhenish Wine, and so distill the same, and you shall have to the quantity of stuffe, the quantity of the water, which is three pints, but the first is best and

and so referbe it to your use, both morning and evening.

To make Sinamon water another way.

TAke three quartz of Aquadine, and a pound of Sinamon, and halfe a pint of good Rose-water, and so let them lie infused the space of twentie foure houres, and distill it as aforesaid, and you shall receiue to the quantity as to the quality, but the first pint is the best and the chieftest of all the other, as is manifested by practise.

To make the Water of Life.

TAke Helme leaues and stalkes, Burnet leaues and flowers, a handfull of Rosemary, Turmintill leaues and roots, Rofi Solis a handfull, red Roses a handfull, Carnations a handfull, Hyssop a handfull, Lime a handfull, red stringe that grow upon Sabozz a handfull, red Fennell leaues and roots a handfull, red Onions a handfull, put all these beards into a pot of earth glazed, and put thereto as much white wine as will cover the beards, and let them soake therein eight or nine dayes: then take an ounce of Sinamon, as much of Ginger, as much of Nutmegs, Cloves and

from

from a little quantity, and of Anniseeds a pound, great Raisins a pound, of Sugar a pound, halfe a pound of Dates, the hinder part of an old Coney, a good fleshy running Capon, the flesh and sinews of a leg of Mutton, foure young Pigeons, and a dozen of Larks, the yolkes of twelue Egges, a Loafe of white Bread cut in sippets, Muscadine oz Bastard three Gallons, oz as much in quantity as will suffice to distill all these together at once in a Limbeck; and thereto put of Methridatum two oz three ounces, oz else with as much perfect Treacle, and distill it with a moderate fire, and keep the first water by it selfe, and the second water alone also, and when there cometh no more water with strings, take down the Limbeck, and put into the pot more Wine upon the same stuffe, and still it again, and you shall haue another good Colater, and shall so remaine good. In the first ingredience of this water, you must keep in a glasse warke, for it is restorative for all principall members, and defendeth against all Pestilentiall Diseases, as against the Palse, Dropsie, Splene, Pallow oz Black Jaundice, Poxes in the Belly, and for all Agues, be they hot oz cold, and all manner of swellings, and Pestilentiall foggones in man, as

Melan-

Melancholly and Flegmatick, and it strengtheneth and comforteth all the spirits and strings of the brain, as the heart, the milt, the liver and the stomach, by taking thereof two or three spoonfulls at one time by it selfe, or with Ale, Wine or Beer, and by putting a pretty quantity of Sugar therein; also it helpeth discretion, and doth break winde, and stoppeth laske, and bindeth not; and it mightily helpeth and easeth man or woman of the pain of the heart burning, and soe to quicken the memoery of man; and take of this water three spoonfulls a day, in the morning, and another after he goeth to dinner, and the third last at night.

To make Aqua-composita for a Surfet.

Take Rosemary, Fennell, Hyssop, Time, Sage, Borehound, of each of those a handfull; Penicill, red Spints, Marjoram, of each three crops, a root of Cnula Campana, of Liguizice, Anniseeds bruised, of each two ounces: put all these to three gallons of mighty strong Ale, and put it into a brass pot ober an easie fire, and set the Limbeck upon it, and stop it close with doth or paste, that no air do goe out, and so keep it stilling with a soft fire, and so preserve it to your use, as need requireth.

Approved

*Approved Medicines for Physick
and Chyrurgery.*

**A Medicine for the Megrims, Impetu-
rume of the Rhume, or other
Diseases in the
Head.**

TAke Bellitory of Spain, the weight
of a groat, and halfe so much Spigall,
beat these into powder; take the tops
of Thyme, of Rosemary with the flowers, three
or four leaves of Sage, in the whole of these
herbs one small handfull, boyle all these herbs
with the spices in halfe a pint of white wine,
and halfe a pint of Vineger of Rokes, untill one
halfe of the liquoz be consumed; then strain forth
the Herbs and let the liquoz to coole, and be-
ing cold, put thereunto three spoonfulls of good
Mustard, and so much Honey as will take
away the tartnesse of the Medicine, and when
the Patient feelth any paine in his head,
take a spoonfull thereof, and put it into his
mouth, and hold it a pretty while gargling,
and then spit it forth into a vessel, and so use
to take ten spoonfulls at one time in the mor-
ning fasting, using this three daies together.

When they feels themselves troubled with the Measles: at the fall and loosing of the Measles is best taking thereof, and by the grace of God they shall finde ease.

You must keep this same Medicine here close in a glasse, whose goodnesse will last ten dayes, and when you take it, warm it as milk from the Cote.

To defend Humours.

Take Beanes, the rinde of the upper skin being pulled off, bruisse them and mingle them with the white of an Egge, and make it thick to the Temples, it keepeth back humours flowing to the eyes.

To make very good Pottage to be used
In the morning.

Take a Chicken and seeth it in faire water, put to it Violet leaves a handfull or two, or the same other good beards that you like in the head of them, and so let them seeth together till the Chicken be ready to fall in pieces; then drain it, and cut thin pieces of Bread and seeth it till the bread be very tender, and then season it with Salt.

And on the fifth day, seeth the beards as before in faire running water, and draine it, and seeth bread as before in it, and season it with Salt, and put in a piece of Butter.

To

To make another Potrage to loose
the Body.

Take a Chicken and sceth it in running wa-
ter, then take two handfuls of Violet leaves,
and a good pretty sort of Raisins of the Sunne,
pick out the stones and sceth them with the Chic-
kin, and when it is well sodden, season it with a
little salt, strain it, and so serbe it.

To make a Cawdle to comfort the Sto-
mack, good for an old man.

Take a pint of good Aquavivine, and as much
of good stale Ale, and mingle them toge-
ther; then take the yolks of twelve or thirteen
Eggs new laid, beat wel the Eggs first by them-
selves, and with the wine and Ale, and mixe
it altogether, and put thereto a quarter of Sa-
nger, and a feso whole Spice, and so stir it well,
till it seeth a good while, and when it is well
sed put therein a feso slices of bread if you will,
and so let it sake a while, and it will be right good
and wholesome.

To make strong Broth for sick
Men.

Take a pound of Almonds, and blanch
them, and beat them in a mortar very
fine.

fine, then take the bzaines of a Capon, and beat it with it; then put into it a little Cream, and make it bzain thorough a strainer, then set it on the fire in a dish, and season it with Rose-water and Sugar, and so stir it.

To make Broth for one that
is weak.

Take a log of Weale and set it ober the fire in a gallon of Water, scumming it clean: when you have so done, put in three quarters of a pound of small Raisins, halfe a pound of Runes, a good handfull of Burrage, as much of Langlebeef, as much Spints, and the like quantitie of Harts tangle; let all these seeth together till all the strength of the flesh be sodden out; then strain it to cleane as you can, and if you think the Patient be in any heat, put in Violet leaves and Borage, as you do of the other beards.

An excellent Drink for the Tisick
well approved.

Take a handfull of Fennell Roots, as much Parsly roots, as many Alexander roots, halfe a handfull of Borage roots, and put out the piths of the said roots; then take halfe a handfull of Pennyriall, as much of Violet leaves, and as much of Chalkwort, as much Succory, Cardus. Hollyhocke Leaves.

Wassell seeds, and red Garden Spints, of all these the like quantitie as of those next before; halfe a handfull of Liquorice sticks scraped, washed and beaten to fine powder, a gallon of faire running water, boyle therein all these simples, and boyle these seeds with them, that is, three spoonfulls of Aniseeds, as much Fennel seed, the like of Colander seed, and Cummin seed, a good handfull of Dandelion roots, and so boyle all together, from a gallon to a pottle, and let the Patient drinke thereof first and last, and it will helpe him in short space, Probatum est.

For one that hath drunk poyson.

TAke Bitony and stamp it, and mingle it with Water, and the poyson that the patient hath drunk will presently come forth again.

To restore Speech that is suddenly lost.

TAke Pennyroll, temper it with Saffron, and give it to the sick to drinke, and lay also a plaiſter of it to his nostrils to quicken.

To make a good Plaiſter for the

Strangurie.

TAke Pellitory and Whitts, and beat them: the leaves of the same, and the leaves of them, also the rinde of the Citron, and also the Citron, of each of these a

Approved Medicines.

Goodfull, and beat them small, and steepe them in water till halfe be consumed: then put therein a little oyle of Olive, and all hot make thereof a plaster, and lay it to the soze and reines: also in the Summer thou mayest make him a drink in this manner, take Saxifrage and the leaves of Asplen, fife leaved grasse, and seth them in a pottle of stale Ale, til the halfe be waisted; then straine it and keepe it cleane, and let the sick drinke the rest first and last, and if you lack these herbs because of Winter, then take the roots of fife leaved grasse, and drie them, and make thereof powder; then take Oyster Shells and burn them, and make powder also of them, and mingling them together, let the sick use thereof in his drinking and drink, and it will help him.

To make a Powder for the Stone and Stranguillia.

The black Bramble Berries while they be red, This Berries, the inner pith of the Asplen, the Stones of Eglantine Berries cleane rubbed from the haire, Runkeyes, the roots of Polygondula, of all these a like quantity, Burning herbes, the Stones of Melons; of each a like quantity, drie all these in flatters under which all they may be beaten to powder, then take

take Bzomell seed, Perisfrage seed, Alexander seed, Cossander seed, Parsly seed, Cammin seed, Fennell seed, Aniseed, of each of these a like quantity, as much as is written, and dried in the fire; then beat all these to fine powder, and take liqurice of the best you can get, faire scraped as much in quantity as of all the other, beat it fine, and mingle it with the same powder, and so keeping it close that no aire come at it, use it first and last with Posset drink made with white Wine or Ale, and when you see your Portage or other breath, put some in so it may be soze pained, and if you take any Stone, it will come away by subors, and if it be so. when you think that your water beginneth to cleare againe take this drink that followeth, and it will cleare your Bladder, and will leaue no corruption therein.

The Drink for the Stone.

Take Rosemary and Elme and seeth them in running water, with as much sugar as will make it steeke, soorn a quart to a pint, and the quantity of your beards according to your discretion, so that it may be about half of the beards, and so use it as the meanings, six or seven times a time.

A Copy of Doctor Stevens Water.

Take a gallon of Calcaigne Wine, then take Ginger, Galingale, Camomile, Squinamon, Graines, Cloves, Spice, Anniseeds, Fennell seeds, Caraway seeds, of ebery of them one dramme, that is, two pence halfe penny weight; then take Sugar, minced red Roses, Lime, Pellitory of the Wall, wilde Marjoram, Pennyroll, Penny mountain, better Lime, Labender, Abens, of ebery of them one handfull; then beat the Spices small, and waite the Pearls, and put all to the Wine; and let it stand twelbe houres, stirring of it sundry times; then still it in a Limbecke, and keepe the first pint of water by it selfe, so to be used; then will come a second water, which is not so good as the first. The vertue of this water is this; It comforteth the spirits, and pre- serveth greatly the youth of man, and helpeth husband diseases coming of cold: against the flowing of the Palste, it cureth the contraction of the sinewes, and helpeth the conception of children; it killeth Colicques in the belly, it helpeth the Tooth-ache, it helpeth the cold Cough, it comforteth the stomach, it cureth the cold Dysentrie, it helpeth the Strains in the Thighes, and the reynes of the back, it cureth the

the Canker, and helpeth shortly a sinking breath
And who so useth this water now and then, and
not too often, it preserveth him in good living,
and will make him seem young very long.

To make white broth with Almonds.

First, looke that your meat be clean washed,
and then set it on the fire, and when it boyleth
scum it cleane, and put some salt into the
pot; then take Rosemary, Thyme, Bop and Spe-
gerum, binde them together, and put them
into the pot; then take a dish of sweet Butter,
and put it also into the Pot amongst your
Meat, and take whole Spice and binde them
in a cloth, and put them into the Pot with
a quantity of Marjace, and after that take
such a quantity of Almonds as shall serve the
turne, blanch them, and beat them in a mortar,
and then strain them with the broth when your
meat is in. And when these Almonds are strained,
put them in a pot by themselves, with
some Sugar, a little Ginger, and also a little
Rosewater, and then stirre it while it boyleth,
and after that, take some sliced Dreges beat
out the kernels, and boyle them with the broth
of the pot upon a Chaffindish of Calce, with
a little Sugar, and then have some Symples

ready in a platter, and serbe the meat upon them
and put not your Almonds in till it be ready to
be serbed.

To make a Tart to cause courage in a
Man or Woman.

Take two Quinces, and two or three Burns
roots, and a Potate, and pare your Potate
and scrape your roots, and put them into a quart
of water, and so let them boyle till they be ten-
der, and put in one ounce of Dates, and when
they be boyled tender, drabe them thorow a strai-
ner, skime and all, and then put in the yokes of
eight Eggs, and the beegins of three or four Crack
nuttens, and straine them into the sifter, and
thrusse them throu, and seeth them all together
in a double Sifter, Clothe and Spare, and
add to it a little sweet butter, and set it upon a
double sifter of clothe between two platters, and
boyle it till it be something thick.

To make a sirop of Quinces to comfort
the Stomack.

Take a pint of the juce of Quinces, a pound
of sugar, and half a pint of white wine, and
boyle the mixture of five grains, of Clove
of Gaile, of five grains, of Pepper the weight
of a penny.

A Medicine for all sores,

TAKE untroughed Ullas, Turpentine, Oyle
 of Rose, Turpentine Tallow, or Bees febr, a
 quantity of every one of them, and then take a
 quantity of the Juice of Bugell, the Juice of
 Dandelion, a quantity of Rosen, and boyle them
 all together over a soft fire, stirring them al-
 wayes till they be well mingled, and that the
 greenesse of the Juice be come, and then straine
 it throught a faine cloth into a cleane vessel, and
 this shall heale woundes of soze whatsoever it be.

Another for all sores.

TAKE a quarter of a pound of Pitch, as much
 of Asay, as much of Rosen, as much of Ca-
 pons grease, or other soft grease, and put them in
 a vessell, and seeth them all together till they be
 melted, and then strain them throught a faine cloth
 and make a plaster to lay to the place sore.

A powder pccellelle for wounds.

TAKE Camomill and Oreganum, of each
 an ounce, of Urtica three or foure ounces,
 the seed of each of them be it hennep
 a flax seed, or any so small as Flaxseed, and
 mingle them all together, then they should be
 all ground, and kept in a bag of Leather.

well bound, for it will last seven years with one
virtue, and it is called Powder percellse, it
hath no peere for working in Chyrurgery, for
put of this powder in a wound whereas is
dead flesh, and lay scrap'd Lint about it, and a
Plaster of Diuiflosius next upon it, and it will
heale it.

To make water imperiall for all wounds
and Cankers.

Take a handfull of red Sage leaues, a hand-
full of Melandrine, as much Woodblade
leaves; then take a Gallon of Conduit water
and put the Herbs in it, and let them boile to
a pottle, and then straining the Herbs throught
a strainer, take the liquor and set it over the
fire againe, and take a pint of English Ho-
ney, a good handfull of Koch Allom, as much of
white Coppas, Lime beaten, a pennyworth of
Gruines bruised, and let them boyle all together
till it be foure watomes, and then let the scum be
taken off with a feather, and when it is cold, put
it in an earthen pot or bottle, so as it may be kept
close; and for an old wound take of the thinnest,
and for a green wound of the thickest, and ba-
thing dreessed them with this water, cover the soze
with Meale or Spunson, and skin it with
Duch leaues.

To

To make water imperiall another way.

Take a handfull of Dragon, of Scabious, of Endive, a handfull of Pimpernel, a handfull of Mozimwood, of Kete, of Camlle, of Cotslips, of Maidenhaire, Cinquefoyle, Fecherfus, Dapsle leaves, Dandelian, Lime, Balme, of each of these Hearbs a handfull, of Treacle a pound, of Sale-Armoniack foure ounces, and when you have all these hearbs together, you must take and sized them a little, not too small, then take the Treacle and Sale-Armoniack, and mingling them and the hearbs all together, put them in a stillatoze and distill them, and take.

To make Rosemary water.

Take the Rosemary and the Flowers in the middle of May, before Sun arise, and strip the leaves and the flowers from the stalks, take three or five Emula Campana roots, and a handfull of two of Sage: then beat the Rosemary, Sage, and roots together, till they be very small, and take three ounces of Cloves, 3 ounces of Spices, 3 ounces of Quibles, halfe a pound of Aniseeds, and beat these spices every one by it selfe. Then take all the Hearbes and the Spices, and put thereto foure or five gallons of good white

lobite Urine, then put in all these Pearbe, species, and waite into an earthen pot, and put the same pot in the ground the space of fifteen daies: then take it up, and distill it with a very soft fire.

To stanch blood.

Take Bole-Armontack and Turpentine, and making a plaister lay it to, or take the melle of the Bayell tree, and cast it into the wound, and it will stanch forthwith: and the longer that it is gathered the better it is. Also take a good piece of Hartmasse Beefe out of the reefe, and heat it on the Coale, and as hot as you may suffer it, lay it thereto: also take a piece of leame salt Beef, and let the Beef be of that greatnesse that it may fill the wound, and lay it in the fire in the hot ashes, till it be hot enough, and bring hot, thrust it in the wound and bind it fast, and it shall stanch even the bleeding, when a matter bein is cut and if the wound be large.

For swelling that cometh suddenly in Mans limbs.

Take Barbe-tongue, Cherfyle, and cut them small, and then take Dreggen of Ale, and sweet Branne, and Shropes Tallow molten, and do all in a pot, and seeth them till that they

be thick, and then make a plaister and lay it to the swelling.

Also take faire water and salt, and stir them well together, and therein wet a cloth, and lay it to the swelling.

A good Ointment for Scabs, and itching of the Body.

Take foure ounces of Oyle de Boy, and an ounce of Frankincense, and two ounces of white toby, and three ounces of soft grease, and an ounce of Muscadilloes, that must be staked with fasting spittle. An ounce of great Salt, as much of the one as of the other, and of all these make an Ointment, and if the Scabs or Itch be upon all the body, as well above the girdle as beneath, then when thou goest to bed wash both the hands and the feet with warme water, and bathe them well therein by the fire, and afterwards rub with a cloth of Linnen, then take up with thy fingers of that Ointment, and beat it in the palmes of the hands, and in the soles of the feet, and rub it well together that it may be spread well, and if it soaks in well, then wash the clothes on thy hands, and scratch on the feet, and thus doe every night when thou goest to bed, and if the Scab or Itch be above the girdle

and not beneath, then annoint but the hands, if the scab be beneath the girdle, then looke if you annoint the soles of your feet, and if the scab or Itch be in thy body, as well aboue the girdle as beneath, then thou must annoint both the hands and thy feet as thou sittest by the fire, and thou shalt be whole. This hath been proved.

For all manner of Scabs.

TAKE Equis Campana, red Dock Rootes, Nightshade, woodbine leaues, and then cut in a pece of Allom, and put in Virriol Roman rubified; and when it is cold wash the scabs therewith.

Also take white Oynment, Balaustines, Camphire, Merdigrease, and mingle them together, and therewith annoint the fore scab.

For sinews that be broken.

TAKE mozies while they be knit, and looke that they depart not, then stamp them and lay it to the sore, and it will knit the sinews that are broken in thou.

To knit sinews that be broken.

TAKE Archangell and cut it in small gubbers and lay it to the sore, and take Spilops and stamp it, and lay it aboue it hard bound, and let it be so three dayes, and at thre dayes end take it away, and wash it with wine, then make a

Take the plaister of the same, and at three dayes end
put thereto another, and do nothing else thereto.
Also take Penncrill and beat it, and put salt
enough to them, and temper it with Honey,
and make a plaister thereof, and lay it upon the
sinews that be stiff, and it will make them to
stretch.

For Sinews that are shortned.

Take the head of a black Sheepe, Camomill
Flower leaves, Sage, of each a handful, and
beat these herbs in a mortar, and boyle them
all together in water, till they be well sodden,
and let them stand all that they be cold, then straine
it through a Strainer, and so use it.

An Oyle to stretch sinews that be shrunk.

Take a quart of Rhenish Oyle, a pint of
Sweet Gall, and half a pint of Mustard
as much Aqua-vin, then put all these together
into a glass pan, then take a handful of Rhenish
herbs, and as much of Mustard, a good quantity of
Sage, of Rhenish leaves the same
all: then take them and beat them
in a small mortar, and put them into the

of Pot, and set them over the fire upon cleane
 Coals, with the Oyles together, and so let the
 boile a good while, and when it is boyled enough
 it will boyle but softly; then take it off the fire
 and let it stand till it be almost cold, then draw
 it out into a wide mouthed glass, bottle, or per-
 ter pot, and stop it close, for it will not continue
 in no wooden thing, and where the sinewes
 firmen, take of this being warmed, and anoint
 the place therewith; then chase it well again
 the fire, and use this morning and evening, or
 keeping the place warme, you shall find great
 relief.

A Sovereigne Oynement for shrunken
 Sinewes and Aches.

Take eight Mallows ready to die out of
 the seed, & laye the Syders when you
 have them cleane, and let them not touch the sunne
 till they are withered, untill the feathers can be pulled
 out, then in Labender cattin, the stringe
 of muslin, the tops of mulber trees, the tops
 of the same, of each a handfull, take all the
 leaves of Spay Butte, and a quart more of
 the same, and set the sinewes in a handfull
 of muslin can be peeled, make a
 paste, and put it into an earthen pot.

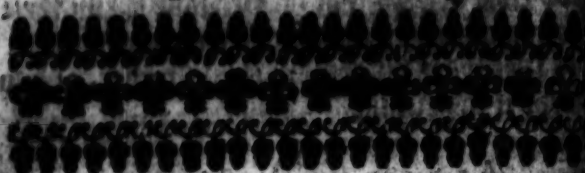
ures close stopped, that no aire take them: then
take it out, and on an hot a fire on may be, set
so that it has but steeper, then strain it, and so
use it to your use.

A remedy for the shingles.

Take Doves dirt that is moist, and of Barley
meale beaped half a pound, and stamp them
well together, and put thereto half a pint of oil
of roger, and mingle them together, and so lay it
on the sore cold, lay small leaves thereupon, and
let it lye three dayes unremobed, and on the
third day if need require, lay thereto a new plas-
ter of the same, and at the most he shal be healed
within three dayes.

To make one slender.

Take Fennell seede it is called a very
good quantity, and washed in water, and
when it is soe, drinke it first and last
that it maye either man or woman.



Certain approved points of Husbandry, very necessary for all Husbandmen to know.

First of Oxen.

Those whereby an Oxe is known to be good and reward for the toyles are these: first and chief at the horse, he must be sound, his legs are large great carcs, the hams thick and of mean bignesse, and black the head short, the head large, a great pouch the ears long, touching the ground, with a tuft at the end, the haire curled, the back straight, the neck large, the legge strong and fine toyle, the head long and large: the best colour is Bay and black, and the next white that the black can be, the white in the toyle, the Oxe and the yellowe, as yellowe is of the best haire.

The charge of one that keepeth them, is chiefly to use them gently, and to ferbe them with meate and good Lister, to rub oʒ kember them at night, and to stroke them ober in the morning, washing sometimes their taites with warme water; also to keepe their Stable cleane, and that the Doulrey oʒ Hogges come not in, for the feathers may kill the Wyre, and the dung of sick Hogges breedeth the maren.

Item, you must knowe discretely when Wyre have laboured enough, and when but little, for according to that they are to be fed.

Item, that you worke them not in a time too cold oʒ too hott.

Item, that you suffer them not to labour gently after a great labour, and that you bring them not up forthwith, untill they be a little refreshed abroad.

The Wyre desireth cleare oʒ running water, like as the Hogle desireth the puddle oʒ troubled water.

Item, that at their coming home, hee at wates oberlooks them, whether there bee any sores in their feet, oʒ if the poake have gauled them.

In France they geve all their Wyre eares

about the age of two yeares, and that at the fall of the lease.

The day when they are to be cut, they must not drinke, and must eat but a little. Then suddenly clip the sinewes of the stones with a paire of Tongues, and so cut out the stones in such sort, as they leaue behinde the end that is tyed unto the sinewes,, for so the Calfs or Bullock shall not bleed obernuch, nor shall lose all his vigour and courage.

At the age of ten moneths the Bullocke changerh his foeteeth, and at six moneths after they scale the next teeth, and at the end of three yeares, he changerh all his reeth.

Note when an Oxe is at best, his teeth are equall, white and long, and when he is old, the teeth be unequal and black.

If an Oxe habe the laske, which oftentimes is both blood, and maketh him very weake, they keepe him from drinke foure or fife dayes then giue him Malnuts and hard Cheese tempered in thick Wine, and for the uttermost remedy they let him bleed in the middell of the forehead.

To make him loose bellied they giue him three ounces of Alder made in powder with warme water.

An Oxe puffeth blood of being too much cha-

chafed, or of eating ill herbs, or flomer, the
keepe him from drinke, and drench him with
Treacle in two pints of Wine or Ale, putting
thereto Saffron.

For the Cough seeth Hyssop in his drinke.

For the biting of an Adder, or venemous
Dog, then annoint the place with Oyle of
Scorpion.

If he be lame of cold in his feet, then wash
him with old Urine warmed.

If he be lame of the abundance of blood fal-
len downe into the pastoznes and hoofs, they dis-
solbe it by rubbing and launcing.

Item, the better to keepe your Oren in
health, whether they be to be laboured, or to be
fatted; then wash his mouth eight dayes with
Urine, for that will take away much fleame,
whiche taketh from an Oxe his tast and stomach.

If the fleame habe made him have the murre
whiche is knowne by the watering of the eye,
they wash his mouth with Wine and white wine
or rub it with water and Salt.

OF HORSES.

Taken of a good Colts: the Head shorne
and leane, the Eare straight, the
the nostrills twice, the Necke lute.

towards the head, the back short and large, close belled, the cullions or stanes equall and small, the tails long, stuffed with haire thick and curled; the legges equall, high and straight; the hoofs blacke, hard and high, he should be quick and pleasant.

The age of Hozses is knotone partly by the hoofs, and principally by the teeth. When the Hozse is two yeares and a halfe, the middle teeth aboue and beneath do fall.

When he is foure yeeres old, the dog-teeth fall, and others come in their places befoze he be six yeares old, the great teeth aboue doe fall, and the six yeare the first that fell come againe; the seuenth yeare all is full, and they be all shut.

OF SHEEP,

Certaine daies before the Mammes bee put to the Ewes, drench them with salt water, thereby the Ewes will take the better, and the Mammes (they say) waxe moze full of appetite.

To haue many male Lambes, they chuse a dry time, and the winde at North, letting the Ewes goe in pasture that lyeth open against the Northern winde, and then put in the males.

To have many female Lambs, then contrariwise obserbe the South-winde.

When a Doe is with Lambe, if she haue a black tongue (they say) the Lamb will be black, and if the tongue be white, the Lamb likewise will be white.

Tokens of a good Sheepe: a great body, the neck long, the wooll deepe, soft and fine, the belly great and covered with wooll, the tettes great, great eyes, long legges, and long taile.

Tokens of a good Mamma, the body high and long, a great belly covered with wooll, a Fleece thicke, the fore-head broad, the eares covered with much wooll about them, great hooves, great stones, and the more weathered the better; the Tongue and Pallet of the mouth all white, to the end that the Lambes may be the more white.

Of HOGGES.

The Hogge of himselfe though filthy, yet (they say) hee prospereth the best, if hee lodge in a cleane sty, and euer moneth his sty should be cast ober with fresh grabell, or sand, to make his lying fresh, and to dry up the piss and filth.

They geld their Pigges when they are a yeare old old, or five months at the least, for they boare much greater if they be gelded at the said age.

They choose them for Bores that have the head short and large, the best large, colour black or white, the feet short, the legges great, and they that have strongest haire on the top of their backe.

Those are to be kept for Sows which bee longest, hath hanging Bellies, great Uters, deepe Ribbed, a little Head, and short Legs.

Hogges bee sick when they rubbe much their eare, or refraine their meat, but if none of these signes appeare, they plucke off one of his haire on the backe, if it be cleane and white at the root, he is well; if it be bloody or soule, he is sick.

They will have their Hogges either all white or all blacke, but in any wise not speckled or of two colours.

They refraine from dunging their Land with the sworne increase, for that they observe the more abundance of sworne to come thereby.

Touching the feeding of Swines, they observe this: At the fall of the Leafe in strong

strong Land, they sow the great Beanes. At
Spring time in breake and round ground they
sow the common small Beanes, and of both sorts
at the full of the Moone, that they may be the bet
ter coddled.

They use to cut them at the new of the Moone
before day.

Their Flax as soone as they have gathered
it, they set it under a House or Hobell,
and suffer it not to take Raine or Dew as we
doe.

To make Cheese looke yellow, they put in a
little Saffron.

To keepe Apples, they lay them on Straws
strewed, the eye of the Apple downwards, and
not the stem.

And when they would have any great store
well and long kept from perishing, they choose
and chuse the soundest, beabiest and fairest, be-
ing not ober riped, they provide a Bagged,
Fatte, or great Butch, they bring the Apples
wher it shall stand; then they lay a layer of
straw, and upon the same a layer of Apples, and
then straw againe, and Apples likewise, un-
till the vessel be full to the brimme, shutting it
close with the head or cover, that no ayre come
in.

To cure the mallowe of Trees that be

hazme eaten fawre, which commeth of much
moer oz a moist season, at the time they pierce the
the Trees thorow with an Auger, as neere the
Root as they may, to the end that the humour
whereof the Mozmes doe breed may distill out of
the Tree.

If Trees through oldnesse oz otherwise leaue
bearing of Fruit usually, they use not to loppe
them, but onely cut away the head-boughes; they
also uncober the roots after All Saints tide, and
cleave the greatest of the roots, putting into the
clefts shivers of Flints, oz hard stones, letting
them there remaine, to the end that the humour
of the earth may enter and ascend into the Tree:
After about the end of Winter, they cober a-
gain the roots with very good earth, oz if they
have any dead Carriants, they bury them about
the roots of such Trees.

FINIS.



The Table of this Book, gathered
according to every Page tho-
rowout the same.

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FINIS.